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## ALL ABOUT THAT 'PAPER BOI'

We chat with Brian Tyree Henry of 'Atlanta.' 22

How to get kids to eat their veggies. 27

Red Bulls fan trolls NYCFC's Lampard. 30

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# MONEY SHOT

Activist attempts to raise millions to acquire 'The Apprentice' outtakes. 2

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## 3 things you need to know

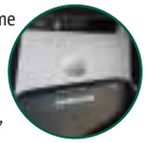
### SPEAKER RYAN DISTANCES HIMSELF FROM DONALD TRUMP

Donald Trump suffered another political setback when House of Representatives Speaker Paul Ryan distanced himself from the Republican presidential candidate's troubled campaign. Ryan, according to someone familiar with a conference call held by the speaker and House Republican lawmakers, will not campaign with Trump in the run-up to the Nov. 8 elections and will not defend the Republican Party nominee. The source did not say whether Ryan intended to withdraw his support for Trump. But a spokeswoman added that the Wisconsin congressman will focus on maintaining a Republican majority in the House. REUTERS

### DUBAI SAYS STARTS BUILDING WORLD'S TALLEST TOWER

Dubai said it had started building what would be the world's tallest tower, another record for the city that is already home to the highest skyscraper - the Burj Khalifa. The Tower at Dubai Creek Harbour — a joint venture between Emaar Properties and Dubai Holding, the investment vehicle of the emirate's ruler, Sheikh Mohammed bin Rashid al-Maktoum — will be completed in 2020, Dubai's government said. Its statement did not say how high the tower would be nor how much it might cost. Guinness World Records defines a tower as a structure in which less than 50 percent of the total height is useable floor space. The world's tallest tower is the Tokyo Sky Tree, a 2,080-foot-high broadcasting, restaurant and observation tower. REUTERS

### US TOP COURT TO HEAR APPLE-SAMSUNG FEUD OVER IPHONE DESIGNS



After five years of litigation, the U.S. Supreme Court will hear arguments on Tuesday in the bitter patent dispute between the world's two top smartphone manufacturers over the amount Samsung should pay Apple for copying the iPhone's distinctive look. The justices' ruling, due by the end of June, could have a long-term impact for designers and product manufacturers going forward because the Supreme Court, if it agrees with Samsung, could limit the penalties for swiping a patented design. Samsung Electronics Co Ltd paid Apple Inc $548.2 million last December, fulfilling part of its liability stemming from a 2012 verdict for infringing Apple's iPhone patents and copying its look. But Samsung will argue before the Supreme Court that it should not have had to make as much as $399 million of that payout for infringement of three patented designs on the iPhone's rounded-corner front face, its bezel and the colorful grid of icons that represent programs and applications. REUTERS

**METRO'S NEWS QUIZ**

**You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.**

**1. During the presidential debate, what did Donald Trump pledge to do to Hillary Clinton if he is elected?**

**2. Who is our favorite to win the NHL Eastern Conference?**

**3. Which fashion retailer did Brian Tyree Henry of the TV show "Atlanta" work for before making it big as an actor?**

Donald Trump speaks during the second presidential debate at Washington University. GETTY IMAGES

# GoFundMe campaign raising $5M to surface footage of Trump allegedly using the N-word

"The Apprentice" insiders claim there are instances of Donald Trump using racist language but which are heavily guarded with contracts and fines.

AMANDA MIKELBERG
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amanda.mikelberg@metro.us

A Massachusetts activist has started a GoFundMe campaign in the hope of raising millions of dollars to secure video proof that Republican presidential candidate Donald Trump has used racist language — evidence that could shatter his POTUS dream.

Aaron Holman, of Somerville, Massachusetts, and a few good friends, opened up the "Trump Sunlight Campaign" on Sunday to raise more than $5 million to acquire the video, which could be buried under contractual fees and NBC network licenses.

Following the explosive leak of "Access Hollywood" footage of Trump's predatory, genital-grabbing storytelling, rumors swirled that somewhere out there are even more damaging outtakes from "The Apprentice" that allegedly contain Trump using the N-word.

"We are so confident that there is something more than nothing out there, and we want to make sure that if there is a person out there worried about legal or financial penalties that we have their back," Holman told Metro.

Production insiders from the reality show claim Trump has said "much worse" in footage that is contract-protected and have a "leak fee" of $5 million.

"I don't have the tapes. I've signed a Burnett contract & know leak fee is 5 mill. Hearing from producers/crew N word is the "much worse," tweeted Chris Nee.

Holman set his GoFundMe campaign goal at $5.1 million to cover the potential legal fees and fines a whistleblower might face for releasing protected footage. As of 5 p.m. Monday, the campaign had drawn in about $14,000.

Given the pace of the fund's growth so far, Holman believes they will raise the $5 million by Election Day, and noted that a few high-profile donors have given sizeable sums.

*"... if there is a person out there worried about legal or financial penalties ... we have their back."*
Holman

"I think that a lot of people suspect something very large is happening and they want to help find out what that is."

Even if someone does not come forward with a tape, the money raised will be used for uncovering the truth, as Holman pledged to donate unused funds to the Center for Investigative Reporting.

"The next best thing is to continue to support people who are doing good reporting," Holman said.

The initial rumor of alleged footage started on Sunday on Twitter.

"As a producer on seasons 1 & 2 of #theapprentice I assure you: when it comes to the #trumptapes there are far worse. #justthebegininng," tweeted Bill Pruitt.

"We don't have the legal right to give out the footage from that show," the NBC spokeswoman confirmed.

Aside from typical network protections, the show's creator, Mark Burnett, happens to be a Trump supporter and friend — a friend who may be keen to shelter a bombshell that might turn attention to perceived racist undertones of Trump's campaign.

The GoFundMe has attracted strong positive and negative responses.

"This is so wrong on many levels. I can not believe people are willing to do anything to destroy someone's life just to win. Why not get off your duff and work at earning a win fairly instead of taking the coward's way and being a sore loser," said Joy Guyer Weicht.

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## 212-95-SMILE (76453)

# Family of New York photog Christopher Serrano, who died subway surfing, makes GoFundMe to fulfill his dream

Christopher Serrano, known by his Instagram fans as Heavy_Minds, "always wanted to have a gallery showcase."

AMANDA MIKELBERG
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Daredevil photographer Christopher Serrano died while living his life to the fullest, his brother said. CHRISTOPHER SERRANO/GOFUNDME

The family of a popular Instagram photographer, who died while attempting a dangerous subway surfing stunt on Oct. 4, has set up a GoFundMe page to raise money for a gallery exhibit in his honor.

Christopher Serrano, 25, known by his 100,000-plus followers as @Heavy_Minds, died in between two subway cars after attempting to climb and ride on top of a Coney Island-bound F train while it was moving.

The GoFundMe "Heavy_Minds Memorial Galleries" campaign set up on Oct. 10 was a third of the way to its $10K goal after only three hours. The money will go to making physical prints of his best-known and never-published works from his collection of majestic and poignant images of New York City.

"He inspired people to pick up a camera and follow in his footsteps, me included. He always wanted to have a gallery to showcase his work but he never had the chance. We want to continue his legacy and make galleries happen. A screen does not do his work justice," it is written on the GoFundMe page.

Serrano's brother, Ryan Serrano, told Metro that his brother was laid to rest on Oct. 8.

"He was not some drunk guy surfing a subway," the brother wrote in an email. "He wanted to live his life to the fullest and he did not measure that by time. He measured it by his experiences. His favorite quote was: "Life is not measured by the breaths we take, but the moments that take our breath away."

Serrano was known for his uncanny views of the Manhattan skyline, frequently taken from unthinkable heights and occasionally showing his own legs dangling off the edge of a skyscraper.

"He did not have a boring life," Serrano wrote, adding that his brother was an especially kind and charismatic person who had been walking dogs and was recently accepted to the academy to become a corrections officer. His other dream was to one day join the ranks of the NYPD.

"He died pursuing his desire to live his life with adventure and to appreciate the beauty he saw in New York.

Serrano's last Instagram photo, posted one week ago, shows him sitting on the ledge above Times Square with the caption: "It's lonely up here."

In a heartfelt inscription on his GoFundMe page, Ryan Serrano wrote that "I wish I had taken more photos of you."

# Readers crown Trump as debate winner in Metro poll

As they did two weeks ago, readers declared Donald Trump victorious in Sunday's debate by a wide margin, according to Metro's unscientific online poll.

Nearly 71 percent of the poll participants felt the Republican candidate won the second presidential debate, which some new media have described as the nastiest faceoff in modern history.

Only 27 percent of the readers deemed Hillary Clinton the debate winner.

Twelve percent called it a tie.

Readers selected Trump as the winner of the first presidential debate by a margin of 62 percent to 27 percent in the unscientific poll of Metro readers.

Although Metro readers apparently think very highly of Trump, a CNN poll taken Sunday night indicated that Clinton decisively triumphed in the debate. Of those polled, 57 percent said Clinton won.

Trump's poll numbers were sliding even before the debate.

An NBC News/Wall Street Journal poll taken just before the town hall debate, showed Clinton leading Trump by 13 percentage points in a head-to-head matchup.

The GOP candidate's slip in the poll was attributed to the release of the 2005 videotape of Trump making vulgar, sexually aggressive comments about women.

The videotape proved to be the flashpoint topic of Sunday's debate. Trump continued to dismiss his taped remarks as "locker room talk" and moderator Anderson Cooper pressed him on the issue.

"This was locker room talk," Trump said. "I'm not proud of it. I apologized to my family. I apologized to the American people. Certainly, I'm not proud of it, but this is locker room talk."

Democratic presidential candidate Hillary Clinton and Republican presidential candidate Donald Trump go at each other during the second presidential debate at Washington University. GETTY IMAGES

Cooper shot back: "Just for the record though, are you saying what you said on that bus 11 years ago … you did not actually kiss women without consent or grope women without consent?"

Trump responded by once again proclaiming his respect for woman.

"Nobody has more respect for women than I do," he said. "I said things that frankly you hear … you hear these things said and I was embarrassed by it. But I have tremendous respect for women and women have respect for me."

He eventually denied that he ever did anything he mentioned on the videotape. GARY KANE

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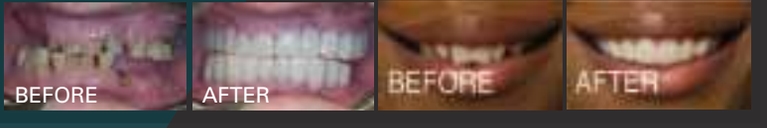


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## 212-95-SMILE (76453)

# Last day to register to vote is Friday; here's how to make the deadline

Register to vote online, by mail or in person.

KIMBERLY AQUILINA
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kimberly.aquilina@metro.us

GETTY IMAGES

The general election is looming with less than a month until the day when New Yorkers will cast their votes for the next president of the United States.

The last day to register to vote in New York State is Oct. 14, whether you apply online, via postal service or in-person. Any mail-in ballot applications must be postmarked by Oct. 14 to be eligible.

In order to vote in the general election, you must:

- Be a United States citizen.
- Be 18 years old by the date of the election.
- Live at your present address at least 30 days before an election.
- Not be in prison or on parole for a felony conviction.
- Not be judged mentally incompetent by a court.
- Not claim the right to vote elsewhere.

You can register in person at your county board of elections or at any New York state agency-based voter registration center. If you prefer, you can submit an application at the Department of Motor Vehicles, either in person or online if you already have DMV-issued identification.

You also can register directly online in English or Spanish.

If you are voting in your polling place for the first time, bring identification, like a valid photo ID, a current utility bill, bank statement, paycheck, government check or some other government document that shows your name and address.

If you provided ID when you registered to vote, you won't have to provide it, but better to be prepared — if you have ID, toss it in your purse or pocket, just in case.

## BRIEFS

**Tenants at Harlem public housing complex forced to cook on hotplates**

More than a thousand residents of a public housing complex in Harlem have been forced to cook on hotplates for about six weeks because gas lines have been shut down for repairs.

Tenants at the Grant Houses on Amsterdam Avenue told the Daily News that they haven't been able to use their stoves since Aug. 29.

The city said residents can expect to go without gas service for a few more weeks.

Officials at the New York City Housing Authority issued a news release saying that "Con Edison and a contractor are expected to finish repairs by early November. NYCHA apologizes for inconvenience to affected residents."

Gas at the Grant Houses was shut off because of a gas leak and the city is replacing the leaking pipes one at a time, NYCHA told a reporter at the Gothamist website.

Housing officials attempted to placate angry residents by giving them hot plates and meal vouchers.

"People are in an uproar, Carlton Davis, president of the Grant Houses Residents Association, told the Daily News.

"It takes half an hour to boil water on these hot plates," Orsby Wroten said to Pix11.

More than 1,700 public housing apartments in 46 buildings throughout the city have been affected by the gas shut-offs, the Gothamist reported.

GARY KANE

**Police: Bronx woman found stabbed 14 times was surrounded by lit candles**

A Bronx woman was found stabbed to death and surrounded by lit candles in her home on Sunday, investigators said.

Responding to a 911 report of a gas odor, firefighters discovered Lilawatee Ramsaran, 69, on her living room floor with approximately 14 stab wounds to her back and a laceration on her head.

They found lit candles around the room, and determined that the stove had been tampered with and was leaking gas.

Ramsaran, who lived alone in her basement apartment at 886 Cranford Ave. in Wakefield, shares her house with two tenants. The tenants told police they didn't see or hear anything unusual.

There was no sign of forced entry into the home, police said.

No arrest has been reported.

AMANDA MIKELBERG

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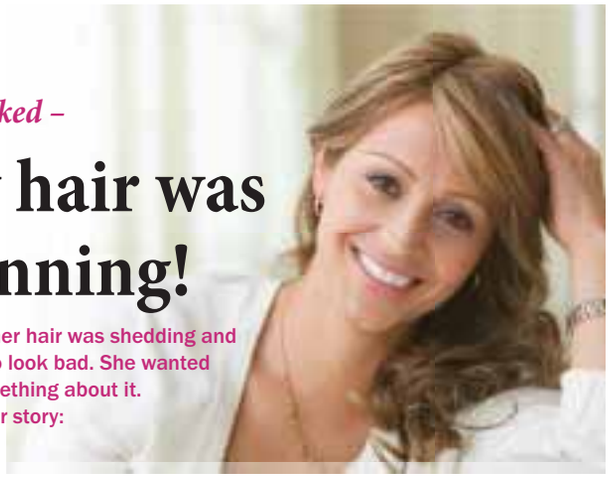

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– Amy, NYC

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*Source: www.amazon.com as of 1.1.2016.




# Suspect in killing of two California officers barred from owning gun

John Felix is suspected of shooting through a door of his parents' house in the desert resort community on Saturday, killing two officers who were responding to a report of a family disturbance, according to the Riverside County Sheriff's Office.

John Felix PALM SPRINGS POLICE DEPT.

A 26-year-old man accused of shooting to death two police officers in Palm Springs, California, is a convicted felon who was barred from owning a gun, which has prompted an investigation into how he acquired the firearm, officials said on Monday.

Felix, who surrendered to Palm Springs police early on Sunday after an hours-long standoff, was convicted in 2010 of assault with a firearm, according to California criminal records.

Authorities recovered a firearm from the property after arresting Felix, said Michael Vasquez, spokesman for Riverside County Sheriff's Office, which is investigating the shooting.

Convicted felons are prohibited by state and federal law from possessing a firearm, and as a result, investigators were seeking to determine how Felix got the gun, Vasquez said.

Investigators have not said what might have motivated the shootings in Palm Springs, a normally quiet town about 100 miles east of Los Angeles.

Felix, who was jailed on suspicion of two counts of murder of a peace officer, could be formally charged on Tuesday and is likely to appear in court on Thursday, John Hall, a spokesman for the Riverside County district attorney, said in an email.

The killings of the two officers marks the first time in 54 years any Palm Springs police officer has died in the line of duty, according to the website for the city's police officers' union.

The two slain officers have been identified as Jose Vega, 63, a veteran of the Palm Springs Police Department who planned to retire in December, and Lesley Zerebny, 27, who was on the force for a year and a half and had just returned from maternity leave after giving birth to a daughter.

The Palm Springs Police Officers' Association, in a post on its website on Monday, asked for donations of infant formula for Zerebny's baby.

It was not immediately clear if Felix has obtained an attorney.

A representative at the Riverside County public defender's office could not be reached for comment.

A third officer who was wounded in the shooting has been released from the hospital, the Palm Springs Police Department said in a statement. REUTERS

## BRIEF

**Arizona 'jihadist' agrees to plead guilty to terrorism, conspiracy**

An Arizona teenager who the FBI said professed himself to be an "American jihadist" has agreed to plead guilty to terrorism and conspiracy charges stemming from a suspected plot to bomb a state motor vehicle office, court documents showed on Monday.

Mahin Khan, 18, jailed since his arrest in July, reached a deal with prosecutors in which they agreed to seek a prison term ranging from seven to 14 years, rather than the life term he potentially faced if tried and convicted.

Khan, who according to his parents suffers from autism and developmental delays that have left him with the mental age of a 12-year-old, is scheduled to return to court on Nov. 4 to formally enter his plea and be sentenced.

Under his plea deal, reached on Friday, Khan agreed to plead guilty to all three charges contained in the indictment against him — terrorism, conspiracy to commit terrorism and conspiracy to commit misconduct involving weapons.

According to the Federal Bureau of Investigation, the case stemmed from months of communications between the defendant and undercover FBI operatives in which Khan expressed a desire to carry out "lone jihadist" attacks that would kill hundreds of people in Arizona.

Khan ultimately set his sights on a Division of Motor Vehicles office in the Phoenix area, reasoning that relatively light security and crowded conditions there offered the best chance of inflicting high casualties, prosecutors said in court. REUTERS

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GRADUATE STUDIES

BRIEF

**Obama declares major disaster in North Carolina from Hurricane Matthew**

President Barack Obama declared a state of emergency in North Carolina on Monday after Hurricane Matthew roared through the state over the weekend.

The action makes federal funding available to affected individuals in 10 counties hit by the storm, the White House said in a statement.

Hundreds of people were rescued by boat and helicopter as floodwaters inundated North Carolina towns on Monday in the wake of Hurricane Matthew, and officials warned that life-threatening flooding from swollen rivers would continue for days.

Matthew, the most powerful Atlantic storm since 2007, was downgraded to a post-tropical cyclone on Sunday.

In the United States, the number of fatalities rose to at least 22, with nearly half in North Carolina.

After receiving as much s 18 inches of rain from Matthew over the weekend, North Carolina's skies were clear on Monday, but there were major problems from overwhelmed rivers and breached levees.

"This storm is not over in North Carolina," Gov. Pat McCrory told reporters in Fayetteville on Monday. "It's going to be a long, tough journey."

Ten people have died in the state, including one in a car that was swept away by floodwaters in Johnston County on Sunday, McCrory said at an earlier news conference. With rivers rising, the governor said he expected deaths to increase.

Some 2,000 residents were stuck in their homes and on rooftops in Lumberton after the city suddenly flooded on Monday, McCrory said. Air and water rescues would continue throughout the day, he said. REUTERS

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A girl walks in a beach next to the debris left by Hurricane Matthew, in Jeremie, Haiti. GETTY IMAGES

# UN seeks $119M for Haiti storm victims

The money will go to provide food, clean drinking water and shelter to the most vulnerable among 1.4 million people in need, after large areas of crops were destroyed and infrastructure was damaged last week, the U.N. said in the three-month appeal to donors.

The United Nations appealed for $119 million on Monday to bring life-saving assistance to 750,000 people in southwestern Haiti, which is reeling from a direct hit by Hurricane Matthew.

"Hurricane Matthew has resulted in the largest humanitarian crisis in Haiti since the 2010 earthquake, at a time when the country is already facing an increase in the number of cholera cases and severe food insecurity and malnutrition," it said.

Haiti started burying some of its dead in mass graves after Hurricane Matthew, a government official said on Sunday, as cholera spread in the devastated southwest and the death toll from the storm rose to 1,000 people.

"This is not a population on its knees, but on the ground," Pierre-Andre Dunbar, Haiti's ambassador to the U.N. in Geneva, told a news briefing.

"Crops were also destroyed, which means the country will face a severe famine as the southwestern peninsula is considered the breadbasket of Haiti," he said.

In the Grande'Anse region on Haiti's western peninsula, some villages and towns suffered 90 percent destruction with low-income housing particularly affected, said Rudolph Muller of the U.N. Office for the Coordination of Humanitarian Affairs.

"Needs may grow in the days ahead as more areas are reached," he said. REUTERS

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# Russia and Turkey sign gas deal, seek common ground on Syria as ties warm

Turkish President Tayyip Erdogan hosted Russia's Vladimir Putin at an Ottoman-era villa in Istanbul for talks which touched on energy deals, trade and tourism ties, defense and the conflict in Syria, where the two leaders back opposing sides.

Turkey and Russia signed an agreement on Monday for the construction of a major undersea gas pipeline and vowed to seek common ground on the war in Syria, accelerating a normalization in ties nearly a year after Turkey shot down a Russian warplane.

"[Monday] has been a full day with President [Vladimir] Putin of discussing Russia-Turkish relations. ... I have full confidence that the normalization of Turkish-Russian ties will continue at a fast pace," Turkish President Tayyip Erdogan told a joint news conference.

The warming relations between the two NATO members comes as both countries are dealing with troubled economies and strained ties with the West.

Putin said Moscow had decided to lift a ban on some food products from Turkey, imposed after the Turks shot down a Russian fighter jet near the Syrian border in 2015, and that both leaders had agreed to work toward the full-scale normalization of bilateral ties.

They signed a deal on the TurkStream undersea gas pipeline, which will allow Moscow to strengthen its position in the European gas market and cut energy supplies via Ukraine, the main route for Russian energy into Europe.

Russian President Vladimir Putin listens to Turkish President Recep Tayyip Erdogan during the 23rg World Energy Congress, in Istanbul, Turkey. GETTY IMAGES

The plan for TurkStream emerged after Russia dropped plans to build the South Stream pipeline to Bulgaria due to opposition from the European Union, which is trying to reduce its dependence on Russian gas.

Erdogan also said plans for a Russian-built nuclear power plant in Turkey would be accelerated. Time lost on the Akkuyu project because of strained relations would be made up, he said.

In 2013, Russia's state nuclear corporation Rosatom won a $20 billion contract to build four reactors in what was to become Turkey's first nuclear plant, but construction was halted after the downing of the Russian jet.

Putin received Erdogan in a Tsarist-era palace outside his home city of St. Petersburg in August, when the two leaders, both powerful figures ill-disposed to dissent, announced plans for an acceleration in trade and energy ties.

But progress on Syria, over which they remain deeply divided, has been more problematic. Erdogan described the topic as "very sensitive," but said he had discussed Turkey's military operations in Syria with Putin on Monday. REUTERS

## BRIEF

**German spy chief says Syrian bomb suspect targeted Berlin airports**

The head of Germany's intelligence agency (BfV) said a Syrian suspect arrested on Monday was building a bomb and probably planned to attack one of the airports in Berlin.

Hans-Georg Maassen told public broadcaster ARD that intelligence leads had suggested in early September that militant group Islamic State was planning an attack on Germany's transport infrastructure.

Spies managed to track down and identify the suspect in the eastern state of Saxony last Thursday and started a round-the-clock observation, Maassen said.

"We found out that he then bought hot glue in a discount shop on the following day. And then we immediately put all measures into place to start a raid because we assumed this can basically be the last missing chemical for him to build a bomb."

Maassen told ARD that initial intelligence information pointed to an attack on trains in Germany but it later became clear that he planned to strike a Berlin airport. REUTERS

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# Drug Companies Fear Release Of New $2 Sex Pill For Older Men

## *Men in clinical trial see huge boost in desire, strength of erections, and sexual activity without side effects.*

**Big Pharma Worried:** Older men are having better sex after taking new JackedUp pill. Clinical trials show active ingredient triggers surge in desire, strength of erections, and sexual activity in older men.

*By: S. J. Young*

*Health News Syndicate*

HNS – It's hard to believe that in America today a pill that could improve the sex lives of millions of men is in danger of being yanked from the shelves. And it's just because big drug companies fear for their profits.

The pharmaceutical industry is desperately trying to stop shipments of the remarkable new "JackedUp" pill. Big Pharma is worried because men are reporting increased sex drive, stronger erections and more stamina - all without the side-effects seen in drugs designed do the same thing. Clinical results show men feel these benefits within just a few weeks of taking JackedUp's active ingredient.

The pill, made for men over 50, was released early last month. Despite Big Pharma's efforts, sales have already exceeded expectations.

**"If you're over 50** and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. ***Drug companies do NOT want men to know about this affordable new pill…"***

### Exciting Benefits

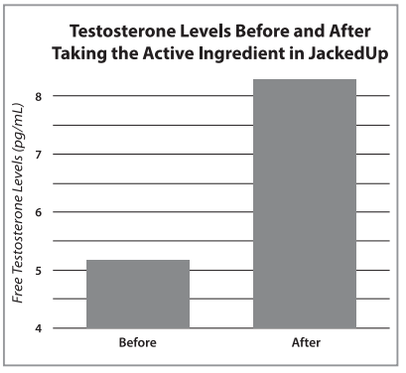
There are very good reasons why sales are booming and drug companies want it gone. Clinical results confirm JackedUp's active ingredient is very impressive. It can greatly boost a man's ability to get and keep erections. Stamina during sex also improves.

It also has a unique ability to help men feel more passion, desire, and sex drive. These impressive benefits come from boosting testosterone levels by up to a whopping 193%. Doctors are astounded by its effects.

Why do drug companies want this pill stopped? Since the "JackedUp" pill is natural, drug companies can't patent it (like they did with Viagra) and make big profits. Plus, if you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. If you can safely boost your testosterone, *you won't need their expensive pills.* That's the very reason big business is trying to have it pulled from the shelves.

### Strong Clinical Results Worry Big Pharma

Recent clinical trials on JackedUp's active ingredient have made the drug companies more desperate. The trial results were published in major medical journals, and doctors are now recommending JackedUp to patients.




The testing was done on men 40 – 65 years old, and the results were remarkable. The men who took the active ingredient in JackedUp reported major improvements in their sex lives. Their ability to get and keep erections went up by over 200%. Libido and sex drive surged. Even staying power and stamina during sex more than doubled!

Head of product development, Dave McNeill, said the big drug companies weren't worried at first. "They didn't care because the active ingredient can take a few weeks before many men really feel the benefits. But these awesome clinical trials really got their attention. They're learning A LOT of men will wait a few weeks if it means avoiding negative side effects and saving money."

### How It Works

The active ingredient in JackedUp works by helping older men produce more testosterone. It doesn't force dangerous fake testosterone into your body like injections do. Instead, it works with your body to produce testosterone naturally. And the results have been extraordinary. It's like your body reboots itself to feel like it did in the prime of your life.

### Initial Users Are Thrilled …And Worried

"JackedUp has been awesome for my sex drive and performance! I'm worried it may not be available in the future. The idea that it may be taken away just to secure some big drug company's profits is very frustrating."

*– Rob H., 49 years old, Colorado Springs, CO*

"My wife and I were both sexually vibrant until I had prostate cancer. After my surgery we tried everything my doctor recommended but nothing worked. Within a few weeks of taking JackedUp, everything has been functioning beautifully and we've been riding high ever since!"

*– Ken S., 78 years old, Phoenix, AZ*

### Doctors Speak Out

Drug companies are also concerned that doctors are now recommending JackedUp. The active ingredient has strong clinical results and lacks the side effects seen in current drugs on the market. This makes it an easy option for doctors to suggest.

Dr. Laguna-Bedia, a specialist in internal medicine says, "A lot of men think their lack of interest and inability to perform are simply parts of aging. This is just not true. JackedUp can help these men regain a healthy appetite for sex and the physical ability to perform."

"JackedUp works by boosting key male hormones without side effects. The benefits of these hormones to sexual health are well known, but they actually do more than that. Men also report more energy, less body fat and higher motivation," said Dr. G. Pereira, a renowned surgeon in Florida.

Dr. Jacob Moss notes, "I recommend JackedUp if you're struggling with getting and keeping erections or low libido. It's also a great option for men who want to last longer and have more control over when they orgasm."

### Special Opportunity for Our Readers

Drug companies are fighting hard to get rid of this product. This is making inventory disappear fast. Thankfully, a special discounted supply has been reserved for Metro New York readers. But only for those who call within the next 48 hours.

This is the best opportunity to try JackedUp risk-free with their 100% results guarantee.

A Regional Order Hotline has been set up for local readers to call. This gives all men an equal chance to try JackedUp.

Starting at 6:00 am today the order hotline will be open for the next 48 hours. All you have to do is call TOLL FREE 1-800-815-4291 and the company will do the rest.

Due to the possibility of JackedUp being pulled from the shelf, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Current supplies of JackedUp are limited, and callers that don't get through to the order hotline within the next 48 hours will be forced to wait for more inventory to be produced. This can take as long as 6 weeks.

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# Colombia to announce peace talks with ELN rebels

Colombia's government and second-biggest rebel group will on Monday announce the start of peace talks, sources said, in what would be a boost for President Juan Manuel Santos after the rejection of his deal with the larger FARC guerrilla group.

The negotiations with the 2,000-strong National Liberation Army (ELN) will be confirmed by representatives of both sides at a news conference in Venezuela scheduled for this evening, two government sources told Reuters.

The talks are then expected to take place in Ecuador.

The Colombian government and the ELN will make an announcement at 2000 EST in Caracas, the governments of Venezuela and Colombia said in a statement on Monday.

Santos won the 2016 Nobel Peace Prize last week for his efforts to end a 52-year-old war with the leftist Revolutionary Armed Forces of Colombia: a surprising choice given voters narrowly rejected a deal he signed with them last month.

At war for five decades after being founded by radical Catholic priests and inspired by Cuba's revolution, the ELN has been in on-and-off closed-door talks with the government since January 2014 on how the two sides would conduct peace negotiations and what would be on the table.

It has remained active during that time, kidnapping and bombing oil installations, though in recent months it has released some captives. REUTERS

Colombian President Juan Manuel Santos GETTY IMAGES

## BRIEF

**Islamic State confirms death of propaganda chief**

Islamic State on Monday confirmed the death of its propaganda chief, whom the Pentagon said was killed in a U.S.-led airstrike in Syria's Raqqa province last month.

A statement posted online by the militant group paid tribute to Wa'il Adil Hasan Salman al-Fayad, also known as Abu Mohammed al-Furqan. The statement just referred to him by his alias.

It did not say when, where or how he had died.

The Pentagon said last month that a U.S.-led coalition airstrike on Sept. 7 had killed al-Fayad.

It said he was minister of information, overseeing Islamic State's propaganda, and a prominent member of its Senior Shura Council, or leadership group.

Islamic State's statement referred to al-Fayad as head of its media arm.

The airstrike took place near Raqqa, ISIS' de facto capital in northern Syria, and targeted al-Fayad while he was on a motorcycle outside his house, the Pentagon said.

REUTERS

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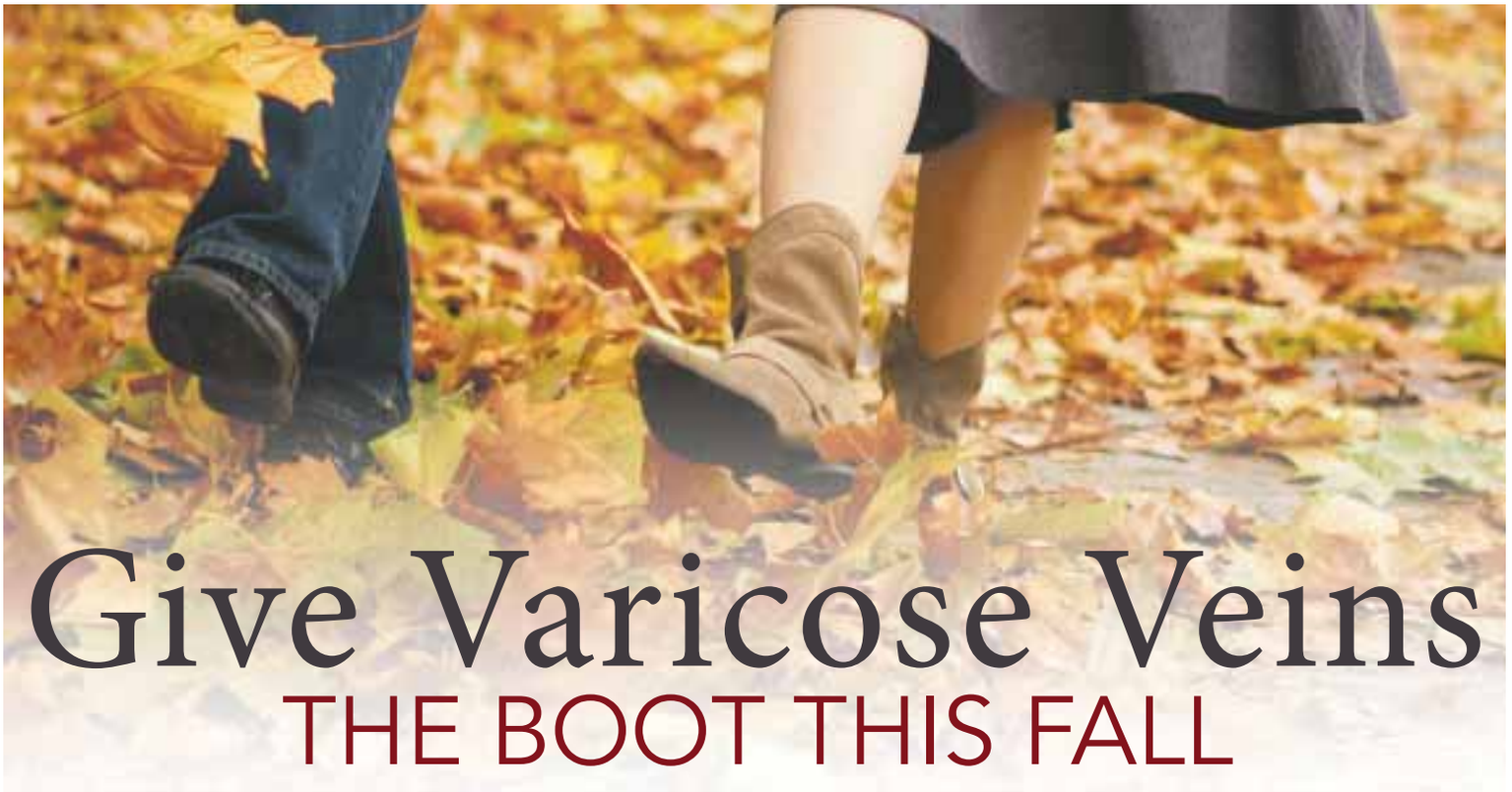

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# Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

## *Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

### Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

### Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

### Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

### Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use* ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

***NY Pain MD*** is a state of the art medical facility offering only the best technology.

**And that's not all** :

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries."* added the director.

### How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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**Advanced Medical Technology Can Make All The Difference:** This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.

**All you have to do is call 800-227-KNEE (5633)** right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

**And here's something really important** - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 227 KNEE

### Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

**If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening**

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# Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

## *Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery*

**By Matt Edgar**

*America's Health Writer*

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment"* noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

**What is the "correct treatment?"**

*"That depends,"* said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

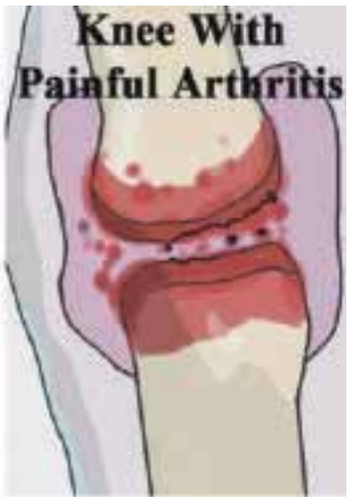
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

*"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."*

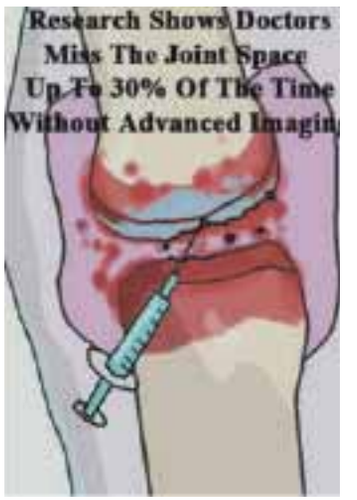
**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.




**Pain** - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

**Successful Treatment** - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.




**Failed Treatment** - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.

# US: Navy ship targeted in failed missile attack from Yemen

The attempted strike on the USS Mason came just a week after a United Arab Emirates vessel came under attack from Houthis and suggests growing risks to the U.S. military from Yemen's conflict.

A U.S. Navy guided missile destroyer was targeted on Sunday in a failed missile attack from territory in Yemen controlled by Iran-aligned Houthi rebels, a U.S. military spokesman told Reuters, saying neither of the two missiles hit the ship.

The attempted strike on the USS Mason, which was first reported by Reuters, came just a week after a United Arab Emirates vessel came under attack from Houthis and suggests growing risks to the U.S. military from Yemen's conflict.

The U.S. government, which has become increasingly vocal about civilian casualties in the war, this weekend announced a review of its support to a Saudi Arabia-led coalition battling the Houthis after a strike on mourners in the capital Sanaa that killed up to 140 people.

The failed missile attack on the USS Mason began around 7 p.m. local time, when the ship detected two inbound missiles over a 60-minute period in the Red Sea off Yemen's coast, the U.S. military said.

"Both missiles impacted the water before reaching the ship," Pentagon spokesman Captain Jeff Davis said. "There were no injuries to our sailors and no damage to the ship."

Saudi Arabia and the United States blame Shi'ite Iran for supplying weapons to the Houthis. Tehran views the Houthis, who

USS Mason GETTY IMAGES

are from a Shi'ite sect, as the legitimate authority in Yemen but denies it supplies them with weapons.

A U.S. defense official, speaking on condition of anonymity, said the first missile triggered countermeasures from the USS Mason. It was not immediately clear whether those defenses may have helped prevent a direct hit on the ship.

The USS Mason did not return fire, the official said, adding that the incident took place just north of the Bab al-Mandab strait off Yemen's southern coast.

Last week's attack on the UAE vessel also took place around the Bab al-Mandab strait, in what the UAE branded an "act of terrorism."

In 2013, more than 3.4 million barrels of oil passed through the 12 mile-wide Bab al-Mandab each day, the U.S. Energy Information Administration says.

It was unclear what actions the U.S. military might take, but Davis stressed a commitment to defend freedom of navigation and protect U.S. forces.

"We will continue to take all necessary steps to ensure the safety of our ships and our servicemembers," he said.

The attack also came the same day that Yemen's powerful former president, Ali Abdullah Saleh, a key Houthi ally, called for an escalation of attacks against Saudi Arabia, demanding "battle readiness at the fronts on the [Saudi] border." REUTERS

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# Facebook rolls out business software, launches pricing war

Facebook Inc. launched a workplace version of its mobile app and website on Monday, marking the social networking company's first foray into the hotly competitive and crowded enterprise software arena.

The product, called Workplace by Facebook, has been in testing for more than a year and is now available to all businesses. It is designed for workplace communication and collaboration, putting Facebook in direct competition with the fast-growing startup Slack.

Workplace is a subscription product — a departure for advertising-driven Facebook — with businesses paying $1 to $3 per user. Slack's least expensive business plan charges about $7 per user.

Facebook GETTY IMAGES

Slack did not respond to a request for comment.

Workplace is the latest move by Facebook to take on competitors in all areas of social networking and mobile communications. Over the past several months it also has rolled out products to challenge the fast-growing ephemeral photo-sharing app Snapchat.

Still, the company will have to overcome the fact that Facebook is not really a work tool and is often viewed as a distraction in offices. To combat that, Workplace does not require people to sign in with their personal accounts and limits News Feed — Facebook's main feature where users can see regular updates from friends and others that they follow — to company announcements, memos and communications.

Facebook is building a direct sales force for Workplace and also working with professional services firms to get businesses signed up.

"We want to replace a lot of old technologies like internal emails, mailing lists, newsletters," said Julien Codorniou, Facebook's global head of Workplace. "These are things that people want to get rid of." REUTERS

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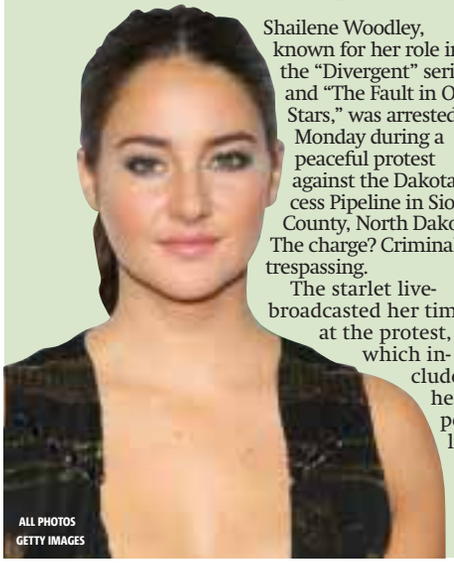
## Shailene Woodley arrested for criminal trespassing at protest



ALL PHOTOS GETTY IMAGES

Shailene Woodley, known for her role in the "Divergent" series and "The Fault in Our Stars," was arrested Monday during a peaceful protest against the Dakota Access Pipeline in Sioux County, North Dakota. The charge? Criminal trespassing.

The starlet live-broadcasted her time at the protest, which included a heavy police presence and ultimately Woodley's arrest, on Facebook. The entire video is over two hours long but the arrest takes place in the last 4 minutes. Ultimately, it was her star power that had her singled out for arrest. When she asked why she was the only person out of hundreds to be arrested, the officers responded that it was because she had been "identified."

This is a perfect example of when being woke goes wrong.

## Kim K amps up her security

We're still keeping an eye on things in the aftermath of Kim Kardashian West's robbery in Paris last week. We're getting morsels of intel as the investigation continues. Here's the newest round of updates.

A glimmer of hope is on the horizon for the 35-year-old. Kardashian West's diamond-cross necklace was found outside of the Hotel de Pourtalès where the robbery took place, say sources for TMZ. However, authorities hope to use DNA evidence from the found necklace to identify the assailants.

The star is also beefing up her security. On top of that, TMZ reports that the mother of two will be flanked by at least two armed guards who are former Secret Service agents and travel in an armored vehicle.

While some of Kim's sisters are also said to be tightening their security, her brother, Rob Kardashian, appears to only need protection from internet trolls and the fiery temper of his fiancée, Blac Chyna.

## Ryan Lochte is engaged

Disgraced Team USA Olympic swimmer Ryan Lochte is clearly moving on from the mess he created this summer when he lied about being robbed during the Olympics in Rio de Janeiro. The six-time gold medalist lost several endorsements as a result of his … mistake. But he was quickly on the rebound, snagging a spot as a contestant on "Dancing With the Stars."

And now the athlete is preparing to add marriage to his comeback saga. Lochte proposed to his girlfriend, former Playboy model Kayla Rae Reid, on Sunday night. He announced the news on his Instagram account shortly after. The couple, who met on Tinder, have been dating since March.

Turns out you can still have a happily ever after even after getting drunk, committing vandalism, making up a robbery story to try to cover it up and disgracing your country. He provides hope to us all.

## Ginger spice is pregnant

"Tonight is the night when two become…"

Well, five for Geri Halliwell Horner and hubby Christian Horner.

The redheaded singer, known as Ginger Spice to most of the world, took to Instagram to announce that she is pregnant with the couple's first child together. The baby-to-be will join Geri's 10-year-old daughter and Christian's 3-year old, both from previous relationships.

While we're extremely happy for Geri, we die hard Spice Girls fans wonder what this means for the 20th anniversary reunion she, Melanie B. (Scary Spice), and Emma C. (the original Baby Spice) announced only a few months ago. Babies are known to do a lot of things, but "Spice Up Your Life" isn't one of them.

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# Revamped

Philly-bred Marian Hill want to get you onto the dance floor with "Act One."

RACHEL RACZKA
@rachelraczka
rachel.raczka@metro.us

Marian Hill know they bring "sax-ual" vibes; it's intentional. The Philadelphia-bred duo made up of producer Jeremy Lloyd and vocalist Samantha Gongol couldn't have more wholesome roots — their band name comes from "Music Man" characters Harold Hill and Marian Paroo, whom they portrayed in a production at Havertown Middle School. However their sensual, hip-swaying full-length debut "Act One," integrates not-so-innocent themes.

"We like each song to be its own world," says Lloyd from a car en route to Colorado with Gongol. "On almost every song on ['Act One'], the sound came first — the instrumental won't be fleshed out, but I'll have an idea of the beat. Then we'll sit in that world we want to create with that beat, and figure out what the song's melody and lyrics are all about."

This time, it's the horn-heavy, come-hither track "I Want You" or the smoky beat-dropping "Down." With "Act One," the duo take a step away from the boudoir — a domain they owned with their 2013 EP "Play" — creating tunes that are more likely to get you on your feet than into bed. But still, getting in the groove is important for Gongol, whose sultry vocals define the act.

"For me, it's about feeling each song very specifically and getting comfortable with their maturity levels," she explains. "Each song [now] sounds a little bit different than when we first started out with the album. I try to make it a little bit sexier depending on the vibe of the show."

Marian Hill liken themselves to the modern day equivalent of a piano man and a jazz singer — instead now with a different set of keys. "Sam and I have that similar dynamic," explains Lloyd. "Except now I'm a computer making music happen."

Their live show also calls back to an earlier era, where the two can hold the stage with a minimalist set with the addition of bassist/sax player Steve Davit. Lloyd says the group designed the illuminated backdrops to create a "Marian Hill world," lighting the deco-inspired panels to follow the beat of each tune.

Following the tour, Marian Hill — who admit they tend not to do much songwriting while on the road — will head back to New York to start on their next album.

"I'm pretty excited about putting out new stuff as early as next year," Lloyd says. "That's pure speculation — the timeline — but we don't want to stop for too long in terms of releasing new music."

Producer Jeremy Lloyd and vocalist Samantha Gongol of Marian Hill. TIMOTHY SACCENTI

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# Brian Tyree Henry of 'Atlanta' talks working his way up

The versatile actor moves from Broadway to one of the hottest shows on television.

JENNIFER LOGUE
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jennifer.logue@metro.us

If you're a fan of hip-hop and well-written television, you should be watching Donald Glover's "Atlanta." The series follows Earn (Glover), a broke Princeton University dropout who sees opportunity in his cousin Alfred Miles (aka "Paper Boi"), a local rapper on the rise to become the next hip-hop success story. On a similar ascent is the actor who portrays Paper Boi — Brian Tyree Henry. From his days at Yale School of Drama to his critically acclaimed performance as The General in "Book of Mormon," the 34-year-old has seamlessly transitioned to screen from stage. Henry chatted with us about his growing career and that time he folded jeans at American Eagle Outfitters.

**What was your initial reaction to "Atlanta"?**

I was like, "Ah, finally. This writing is just perfection. This is what I wanted. This is great." It spoke to me — Alfred spoke to me. And I was just so excited to read something so fresh and so different, so new. It just reflected a life that I knew wasn't really showcased.

**In the show, you have characters grappling with the dream of making it in the music business vs. settling. Was there ever a time when you contemplated doing something else?**

**Where did you draw inspiration from for Alfred's character?**

I went to college in Atlanta, and have a lot of friends who have been to Atlanta, lived in Atlanta. I tried not to study any personas that people may know. I just wanted him to come across as a person someone could really relate to, so that people who watch it could be like, "That's my cousin!" or "That's my best friend!"

This is something that really changed my life. I think it was a way for me to find a community that I belonged in. The community is the part that means the most to me — not so much booking the gigs, not so much getting the money or the fame — it was the community that really brought me to this place. And, you know I never really thought of being an actor. There were so many people who saw how much I liked doing plays, and saw how much I loved the art. They said, "You know what, you should really give yourself a shot and go as far as you can." Now, yes if I needed to go and get a side hustle, I would but this is my thing.

**What were some of your side hustles?**

I worked in retail all throughout college at American Eagle Outfitters, but I mean, this was before American Eagle was big. I think I was the only person of color on the floor, and I did all the windows and I know how to do a fashion fold to this day. It really makes me angry. [Laughs] When I moved to New York, I was very fortunate enough to work in the service industry, but working in the service industry gave me such a drive because I was like, "I can't do this forever." So it made it easier to get up and go and really hit those auditions. I definitely have done my share of hustling.

**It paid off with "Atlanta." What do you and the cast do in your downtime together?**

Text each other. [Laughs] We are constantly staying in touch with each other and constantly sending each other crazy GIFs, constantly checking in on each other. They are the most supportive group of people ever in the world. We just try to stay connected as much as we can. You know, we really love each other.

**I read that you grew up with all sisters. What was that like?**

It was amazing and it was terrifying at the same time. But it was definitely the thing that defined me and made me who I am. I am grateful to be a black man raised by all black women because they have showed me so much strength. They are some of the toughest women I have ever met in my life, and the most loving. They did most of their living — including my mother — without a male figure in their life. And for them to have a little brother — you know, the first boy — they really molded me into the man I am today. I will spend the rest of my life repaying them.

*A new episode of "Atlanta" airs on FX tonight at 10 p.m.*

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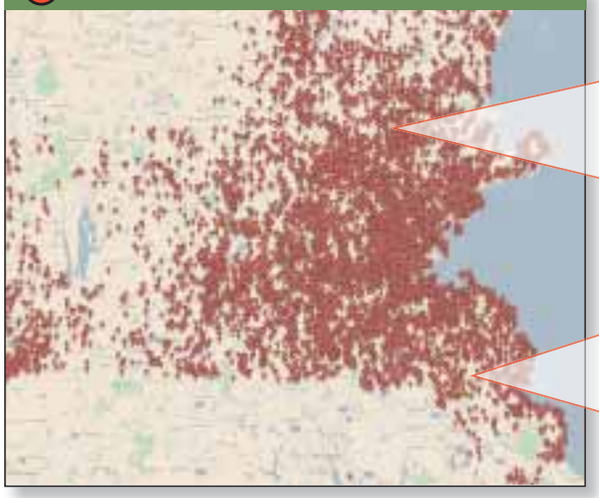

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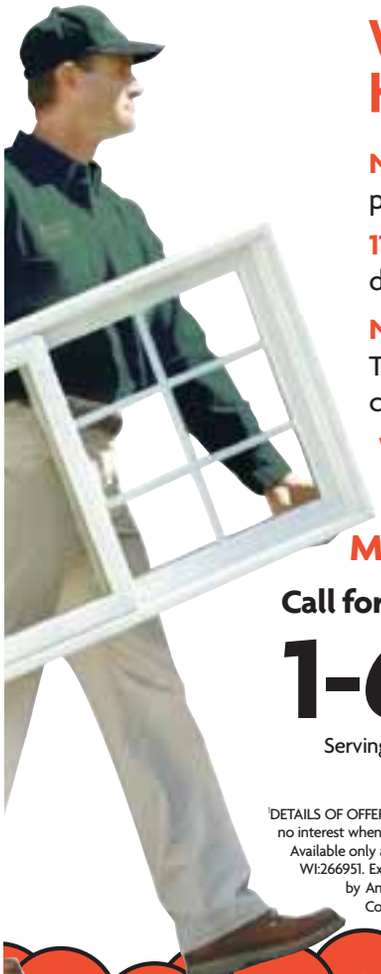

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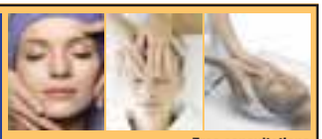

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# NYC's Best Halloween

Get a scary good look this year.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Halloween is creepin' up. Do you know what you're dressing up as? A creepy clown (just don't) or maybe a certain creepy presidential candidate? (The right shade of bronzer could do wonders there.) Whether you tend toward D.I.Y. or you want to grab a ready-made outfit, the sooner you figure it out, the better. Trying to throw together a costume last minute in this city usually involves waiting on lines out the door. Avoid the stress by hitting up one of these six costume shops in NYC, early.

## Spirit Halloween

The mega Halloween retailer is your go-to for a ready-made costume. Its selection this year includes timely pieces like a Donald Trump "big baby" blow-up costume and a "Trumpkin" suit patterned with jack-o-lanterns; a head-to-toe "Deadpool" suit and an "American Horror Story" asylum-nun getup; plus, all the Pokemon ensembles that your gamer heart desires. It has five locations in Manhattan, from the Financial District up to Harlem, so should make for a fun and convenient after work errand, stat.
**spirithalloween.com**

## Ricky's

NYC's classic hair and makeup outfitter is king when it comes to scary accessories, from wigs to hair spray to ghoulish face paint and fake vampire blood. You can load up at locations all over Manhattan, plus three in Brooklyn—but waiting until the week of Halloween will be a nightmare, not in a good way.
**rickysnyc.com**

## Frank Bee's Costume Center

The Bronx family-run outfitter since 1957 has that retro, mom-and-pop feel to it, but it's stocked with both classic and trendy costumes for yourself and the kiddos. Items no longer go for five cents to $1, as the sign still reads, but prices start at a reasonable $20, and you can try on anything in-store before you buy.
**frankbeecostume.com**

This costume trumps the rest. Spirit Halloween
SPIRIT HALLOWEEN

Create your own superhero at Brooklyn Superhero S

## Brooklyn Superhero Supply

The fantasy nerd mecca of Park Slope doubles as the headquarters of 826 Valencia, author Dave Eggers' nonprofit, volunteer-led writing program for kids. For those who think it sounds fun to design their own superhero look this Halloween, while contributing to a good cause, this is the place to nurture your own creativity — and know that the dollars you spend will also go toward nurturing a young writer. Stocked

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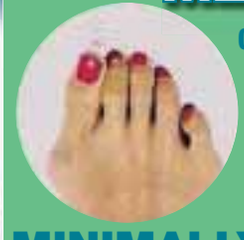

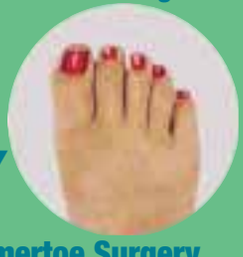

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# Costume Shops

Supply in Park Slope, where profits will go toward literary nonprofit 826 Valencia. PROVIDED

with masks, capes, belts, and superpowers for sale like bottled chutzpah and containers of "carbonated future," it's got everything you need to create your own character.
**superherosupplies.com**

## Abracadabra NYC

If you're looking to do it big this year, this Chelsea superstore is where you can find supersnazzy, high-end ensembles. It's on the pricier side — $175 for a Midnight Count costume with a satin cape, for example — but whatever you invest in is sure to both frighten and impress your friends and neighbors.
**abracadabranyc.com**

## Screaming Mimi's

NoHo's vintage designer shop — which now has a second location on 14th Street— is the place to do a deep-dive for a unique, throwback look. Tell the staff your concept, be it '70s disco or '20s flapper, or an original character of your own devising, and they'll help you customize it by digging into their stock of one-of-a-kind pieces. The original shop on Lafayette Street is slated to close after the 31st, but until then, both locations are open.
**screamingmimis.com**

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### Robert Marc Sample Sale

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## SHOPPING

### Century 21 opens in Brooklyn

High-end fashion brands like Proenza Schouler, Dolce & Gabbana and MM6 Maison Margiela are now available in Downtown Brooklyn — and better yet, at steep discounts, thanks to the new Century 21 opening at City Point today.

"There's a huge resurgence happening in Downtown Brooklyn," says Larry Mentzer, chief revenue Officer for the brand. "There's a younger population, very diverse that lives here, and we believe that Century 21— designer brands at amazing prices — is aligned with the folks moving into Brooklyn, as well as the people that have lived here forever, that have been underserved from a retail point of view."

Located at 445 Albee Square West at Fulton Street and clocking in at 140,000 square feet, the new store will be the retailer's second-largest location after its flagship in downtown Manhattan.

In addition to traditional women's, men's, shoes, accessories, children's, cosmetics and home goods, the department store will feature vintage handbags from luxury vintage boutique LXR&CO and a Brooklyn Roasting Company in-store cafe, complete with wood floors reclaimed from an old high school gym. In other words, it's so Brooklyn.

ALL PHOTOS PROVIDED

### Meet Lou & Grey

So what's this new store that's popped up on one of your favorite shopping rows in the city? Lou & Grey, which started off as an off shoot of Ann Inc.'s Loft lounge collection, became an instant hit with women looking for easygoing, everyday essentials for their downtime. Think: chic tapered sweatpants, cozy cashmere hoodies and cool chambray dresses. Basically, they're the perfect weekend staples, items comfy enough to get you through running errands but stylish enough so you're not ducking when you run into an acquaintance, or, er, an ex.

The clothes aren't the only thing relaxed at Lou & Grey. At the store, located at 138 5th Ave., shoppers are encouraged to hang out in the lounge-like setting and offer feedback to the design team. The Flatiron location is also home to Lou & Grey's in-house design studio, with shoppers and the city streets below providing inspiration for collections to come.

Here are three new items we're loving:

Cashmere Mockneck, $198

Form Interlock Upstate Sweatpants, $59.50

Warming Knit Turtleneck, $59.50

### Unlimited blowouts at Macy's

We all have crazy-busy lives, and sometimes making that blowout stretch for four days, even with multiple dry-shampoo touch-ups, is a losing battle. Enter: oneBlowDRYbar on the lower level of Macy's Herald Square. The salon, which offers dry blowouts, up-dos, hair treatments and makeup services, differentiates itself from the pack with this genius deal: unlimited monthly blowouts for $199. That means if you have a job interview, date and wedding to attend all in the same week — go in for multiple services, guilt-free. You can even go in for a blow-out a day, just because. We see this as the perfect gift for a friend, co-worker, or ahem, yourself.

### Get into the spooky spirit

Forget the cheesy, cheap-looking plastic orange pumpkin you pick up from the drug store. This Halloween, step up your décor with a trip to the Grandin Road pop-up shop at Macy's.

The surprisingly chic store — located on the main floor, close to the 7th Avenue and 34th Street entrance — features products ranging from sophisticated chrome skeletons to cool haunted typewriters to fun plates and serveware with spooky figures. Yours may be a haunted house but it doesn't have to be scary, too. TINA CHADHA

ISTOCK

# Healthy cooking for kids, made easy

A new cookbook provides life hacks for busy parents

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Stephanie Middleberg knows how hard it is to find time to cook healthful meals for both your kids and yourself, in addition to everything else you're trying to do. As the mother of a 14-month-old boy and founder of her own company, Middleberg Nutrition, she found herself in need of practical solutions as much as her clients.

With her first cookbook, "The Big Book of Organic Baby Food," out Oct. 18 on Sonoma Press, the NYC-based dietitian tackles the time crunch with 200 quick and healthful recipes for infants through the toddler years, as well as meals for the whole family.

**What are some tips for new parents getting started home cooking?**
It's stressful enough getting food on the table, even more stressful when you have to be a short-order chef. In the book, the recipes [should] appeal to both adults and kids. If you have them eating what you eat early on, you can take what you're making for yourself and then put them in a blender and feed [that] to your baby.

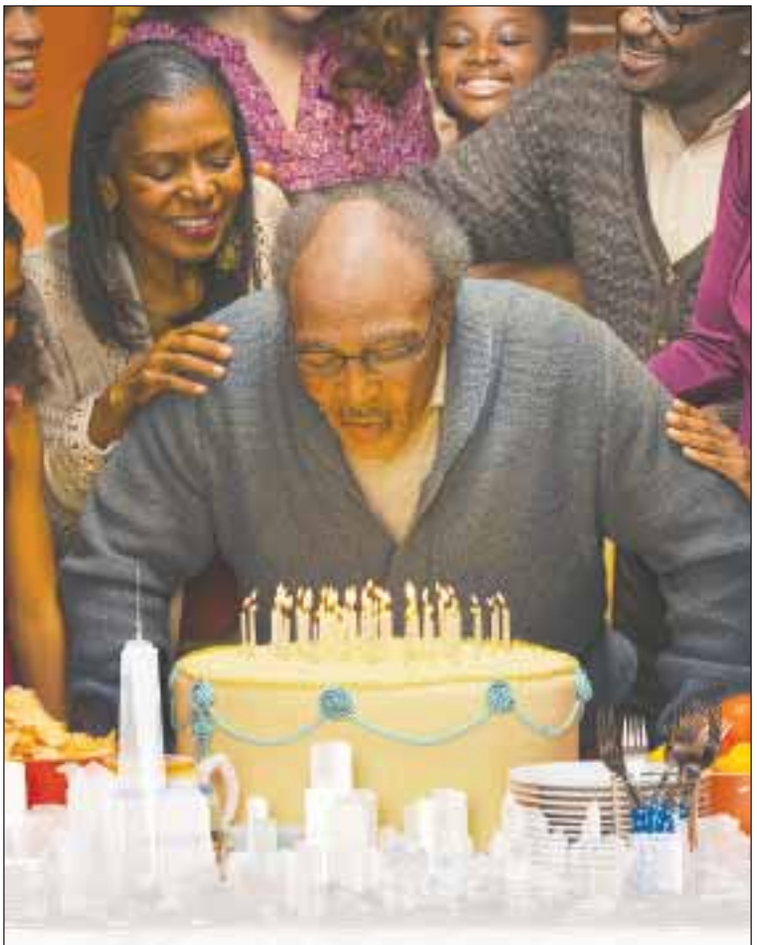
Much of it is based on cooking in bulk and freezing the purees, so you have it for the week and all you have to do is defrost it. It might take an hour longer on a Sunday, [but] once you get all your produce chopped and steamed or roasted and blended, it will end up making your weekday life so much easier.

**What should parents look out for on labels?**
Anything that's longer than five ingredients, or has ingredients you can't pronounce, I say to limit that in your child's intake. USDA Organic is the best label to look for. Eggs should be pasture-raised vs. cage-free. For meats, grass-fed is the gold standard there.

Each year the Environmental Working group releases the Dirty Dozen, the 12 fruits and vegetables with the most pesticides,the ones you want to make sure to buy organic. Sugar is something to look out for. A lot of baby foods, even if they say "kale and apple," fruit juice is the first ingredient on the label,which means it has the most.

**What about picky eaters?**
That first year is really a flavor window, you want to introduce as many herbs and spices and veggies as possible. They're born with a blank slate so you can get them to really like the taste of vegetables — they don't know the difference.

Read the full interview at **metro.us**



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# Your poop could be making you fat

The microbes in your excrement could cause weight gain.

Fecal bacteria can tip the scales. PIXABAY

It might sound strange, but your poop could be the reason that you're putting on weight.

Researchers from King's College London found that bacteria called human fecal microbiome is responsible for abdominal fat.

Scientists, who published their results in the journal Genome Biology, examined fecal samples from more than 1,300 people in order to determine which bacteria were present. They then compared the information from fecal microbes to six measures of obesity, including body mass index and visceral and other fat levels. The strongest links were found between the bacteria in poop and visceral fat.

Investigators also used DNA data for each individual to determine to what extent genetics contributes to the presence of each microbe and obesity.

"Visceral fat forms strong links with the microbiome, and at least a part of this is driven by host genetics," study co-author Michelle Beaumont said. "However, the majority of the effect on the microbiome is environmental, for example, diet."

She added: "We also found that obese people had more carbohydrat-processing genes in their microbiomes than lean individuals, and we hypothesize that this may lead to more efficient carbohydrate processing and in conjunction with a sedentary lifestyle, may lead to obesity."

Researchers believe their study provides support for the theory that obese individuals are more efficient at extracting calories and certain nutrients from their foods. And this makes eating healthfully and doing exercise all the more important to ensure a healthy lifestyle.

Beaumont said: "In the future, we will look to extend the analyses in a larger dataset and hope to be able to determine with more accuracy individual genes which may be driving the genetic effect on the microbiome." MWN

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# Tampa, Pittsburgh favorites in NHL East

The Rangers and Isles look like middle-of-the-road teams.

DENIS GORMAN
@DenisGorman
sports@metro.us

For years, the National Hockey League's Eastern Conference was viewed as secondary to the Western Conference.

That may be changing.

The Pittsburgh Penguins are the reigning Stanley Cup champions, and in doing so may have changed the way the sport is played at the NHL level. Instead of the prototypical two scoring lines, a checking line and a fourth, heavy line, under Mike Sullivan the Penguins used fast, skilled players to pressure opponents. Tampa Bay is the two-time Eastern Conference finalist and possesses youth, skill, depth. Washington is the reigning Presidents' Trophy winners. Florida spent the offseason bolstering the Atlantic Division champions.

Delving further into the conference, it is populated with stars in John Tavares, Henrik Lundqvist, Cory Schneider, Taylor Hall, Carey Price, Erik Karlsson, Shayne Gostisbehere, Patrice Bergeron, Brad Marchand, Tuukka Rask, Jack Eichel, and Justin Faulk, among others.

The Penguins are shooting for back-to-back Stanley Cups. GETTY IMAGES

## 1 Tampa Bay Lightning

The two-time Eastern Conference finalist returns almost entirely intact. Tampa has youth, depth, skill at all positions. And GM Steve Yzerman is among the league's pre-eminent executives.

## 2 Pittsburgh Penguins

Like Tampa Bay, the reigning Stanley Cup champions return virtually intact. During training camp, head coach Mike Sullivan said he believes the uptempo Penguins can play at an even faster pace this season, which should concern the rest of the NHL.

## 3 Washington Capitals

The Capitals did everything but win the Cup in 2015-16. Washington earned the Presidents' Trophy with a 56-18-8 record. Braden Holtby took home the Vezina Trophy as a reward for 48-9-7 regular season with a 2.20 and .922 save percentage. Alex Ovechkin led the NHL with 50 goals. The Capitals only lost winger Jason Chimera and centers Mike Richards and Michael Latta in the offseason, so unless things go drastically wrong expect them to compete for the Cup.

## 4 Florida Panthers

The Panthers finished first in the Atlantic Division in 2015-16. Naturally, the organization underwent a front office overhaul, which led to an off-season which included the acquisitions of Keith Yandle, Jason Demers, Mark Pysyk, James Reimer, Jared McCann, Colton Sceviour, Jonathan Marchessault and Reto Berra. Florida is in position to compete for division and conference supremacy for the foreseeable future.

## 5 Montreal Canadiens

This is where the Eastern Conference drops off. If Carey Price is healthy and able to play 60, the Canadiens are a playoff team. If Price is injured and misses most of the season, like he did in 2016-16, both GM Marc Bergevin and head coach Michel Therrien could be out of jobs.

## 6 New York Rangers

After a five-game first round dismantling at the hands of the Penguins, GM Jeff Gorton spent the summer reconstructing the Rangers. Among the added are Mika Zibanejad, Jimmy Vesey and Pavel Buchnevich. But the defense corps remains the same. Essentially the Rangers' 2016-17 season will come down to how the defensemen play.

## 7 New York Islanders

The first summer under new ownership Jon Ledecky — the uncle of Olympic gold medalist Katie Ledecky — and Scott Malkin saw the Islanders ante up for top-six winger Andrew Ladd, along with the additions of P.A. Parenteau, Jason Chimera and Dennis Seidenberg. The biggest question remains in net. Can the Islanders continue to manage their three goaltender rotation?

## 8 Philadelphia Flyers

The organization enters its 50th year by having stockpiled quality youth on its back end. Up front, Travis Konecny looked good in the exhibition season. The future is bright.

# Isles look to take another step

In 2015-16, the New York Islanders won a playoff series for the first time since the epochal spring of 1993.

And the feeling which permeated the team throughout the summer was?

"It was more than a piss off than anything," Travis Hamonic said. "You watch those other series," Hamonic said, "and you feel like you should be there competing."

Yes, the Islanders first season in Barclays Center saw them eliminate Florida in six games before falling to Tampa Bay in the Atlantic Division Final. That was followed by an offseason in which Jon Ledecky and Scott Malkin replaced Charles Wang as majority owners of the team. Ledecky and Malkin have publicly vowed their vision for the franchise is to win a Stanley Cup, and general manager Garth Snow, who has been praised for stockpiling the organization's prospect pool, went into free agency to add Andrew Ladd, Jason Chimera and P.A. Parenteau.

Hamonic believes the quality of the team and the quality of life on Long Island has transformed the Islanders into a destination franchise for NHLers. That includes the team's new training facility in Eisenhower Park, Northwell Health Ice Center.

"We have guys," Hamonic said. "Maybe teams in the past, they stay in the [Uniondale] Marriott, see the big parking lot [between the hotel and the Nassau Coliseum] and that's all they see. You're from the area. Long Island is beautiful. It's an unbelievable place to play, so I think when people get a chance to experience what we experience every day as players, it's a hell of a place to live.

"I don't know statistically but it has to be one of the top places in the league, as far as living for players and families. That's kind of a common theme when [new] guys come to the team. They [say] 'Holy [bleep], this is impressive. What we have as an organization to work with as far as living and I think that's a huge factor. Word of mouth moves around the league. It's a small league, everyone knows each other and those things travel." DENIS GORMAN

Travis Hamonic returns for the Islanders. GETTY IMAGES

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Frank Lampard's John Hancock on a ticket stub from the infamous "Red [Bull] Wedding" game. COURTESY PHOTO

# NYCFC's Lampard expertly trolled by a NY Red Bulls fan

A Red Bulls fan pulled a fast one on NYCFC starter Frank Lampard.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Frank Lampard has been taunted before but likely never in this clever of a fashion.

The former England international, who has played for Chelsea and Manchester City while now calling New York City F.C. his (retirement) home, was at an event at Bar 43 where he did a meet-and-greet with fans. One of those fans was Anthony Lin, a New York Red Bulls supporter. Lin was on hand earlier this year along with several thousand supporters for a 7-0 Red Bulls win over City at Yankee Stadium on May 21.

The game is now known as the "Red [Bull[ Wedding" given the on-field massacre. Lin last week got Lampard to sign his ticket stub from the game at the Bar 43 event, perfectly trolling the superstar midfielder.

Apparently Lampard didn't even flinch.

"Attending meet-and-greets has become a recent hobby of mine, regardless of team affiliation," Lin told Metro. "For this one, my friend Chris Cloud mentioned that I should get the 7-0 ticket stub signed by Lampard. I thought about it and realized, it would be quite a one-of-a-kind souvenir to have instead of something standard. I was certain that he would not sign it so I had another item ready. Once I saw how chaotic things were at Bar 43, I realized I had a chance to get that ticket stub signed. Without a flat surface to sign, I told Lampard, 'Let me flatten the ticket so you can sign it easier.' This was my plan to cover up the date of the game. He signed it and thanked me for coming out."

Lin, who also travels extensively to support both the men's and women's national teams, is affectionately known as "Pinto" and frequently wears a colonial tri-cornered hat to international games. He has been a long-tenured member of the Empire Supporters Club, which has supported the franchise since 1996.

He is often seen at Red Bull Arena drinking grape soda.

The autographed ticket will be framed and become part of his collection.

After this legendary troll by Lin, the scoreline from that May 21 game is now officially 8-0.

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**NOTICE OF FORMATION** of BENRAGES NEW DAY LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/09/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2805 Pond Place, Apt. 3J, Bronx, NY 10448. Purpose: Auto Parts.

**NOTICE IS HEREBY GIVEN** that a license, Number 1297745, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 55-60 60th Street, Maspeth, NY 11378, for on premises consumption. The Maspeth Pizza House, Inc.

## LEGAL NOTICES

**NOTICE IS HEREBY GIVEN** that a license, Number 1297597, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 45-53 Bell Blvd., Bayside, NY 11361, for on-premises consumption. Bulgogi BBQ Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number 1297274, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 154-05 Northern Blvd., Flushing, NY 11354, for on-premises consumption. Picnic Garden BBQ Buffet Inc.

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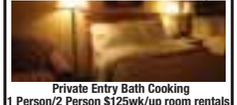

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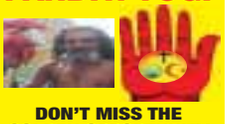

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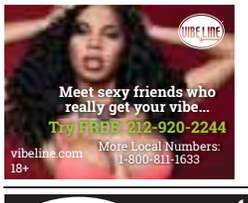


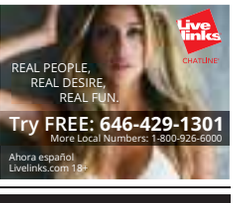


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# metro.us/games

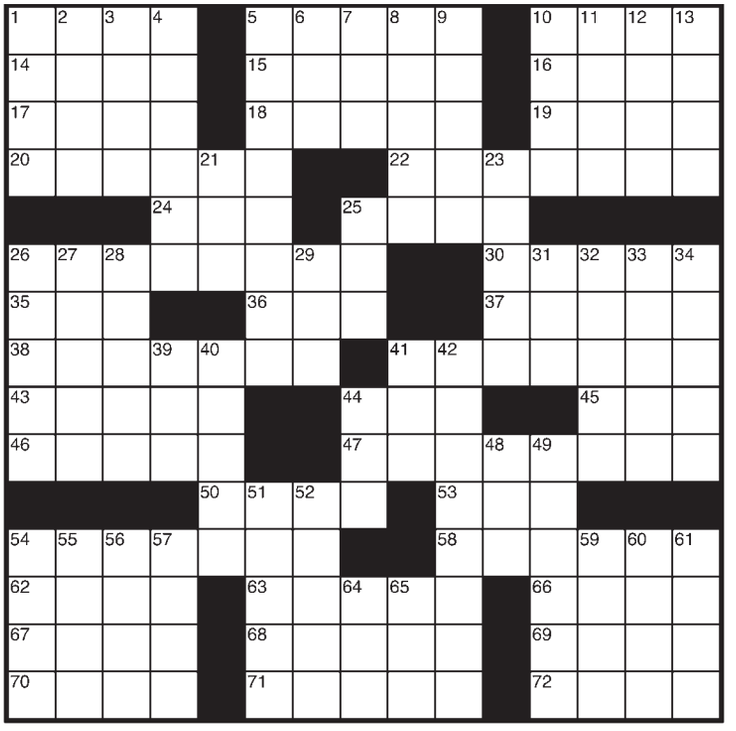
## Across

1 By -- of (owing to)
5 Obi-Wan's foe
10 Journey parts
14 Curved molding
15 Hazard a guess
16 Light tan
17 Gravitate toward
18 Shows up
19 Whoopee!
20 List of typos
22 Fields
24 Cager -- Holman
25 Ancient story
26 Locating
30 Griffith or Zola
35 Pablo's aunt
36 Donne's "done"
37 Craze
38 What vines do
41 History warehouses
43 Hawke of "Alive"
44 Metal in pewter
45 Beluga delicacy
46 Almond confection
47 Diet aim
50 Go for a worm
53 Undercover org.
54 With skill
58 Abominable
62 Sherpa's sighting
63 Colder
66 Onetime Trevi Fountain coins
67 "Wish me --!"
68 Like days of yore
69To be, to Brutus
70 "Off the Court" author
71 Greenish-blues
72 Dizzy of baseball

## Down

1 Mete out
2 Disney CEO Bob --
3 Kind of miss
4 Apartment dweller
5 Trade
6 Military addr.
7 Cloudy
8 Us, to Pogo
9 Odometer button
10 Beyond risque
11 Alpine comeback
12 Waxed
13 Drags into court
21 Make lace like granny
23 Attention-getters
25 Boss, briefly
26 Precipitous
27 Ship of 1492
28 Pledges
29 Society column word
31 "Diamond Lil"
32 Habituate
33 VIPs' transport
34 Slackens off
39 Thai temple
40 Feckless
41 Wire gauge
42 Tapestry beasts
44 My, my!
48 Halfway
49 Fastened shut
51 Economist -- Janeway
52 The seasons do it
54 Jean Auel heroine
55 -- ex machina
56 Draw on glass
57 Peak explorer?
59 Belgian river
60 Livy's bear
61 Laid eyes on
64 Ms. Lupino
65 Conger

# metro.us/crossword



# metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 1 | | | 2 | 5 | | | 8 |
| | | | | | | 6 | | 9 |
| | 7 | 5 | | | 6 | | | |
| 6 | | | | | 3 | 2 | | |
| 8 | 9 | | | | | | 6 | 4 |
| | | 7 | 4 | | | | | 3 |
| | | | 2 | | | 4 | 9 | |
| 7 | | 4 | | | | | | |
| 2 | | | 5 | 8 | | | 7 | 1 |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | | | 2 | | | 5 |
| | | | 8 | 6 | | | 4 | |
| | | | | | 9 | 2 | 1 | 7 |
| | | | | 2 | 3 | | 5 | 9 |
| 2 | | | | | | | | 1 |
| 6 | 5 | | 9 | 1 | | | | |
| 4 | 8 | 1 | 7 | | | | | |
| | 7 | | | 8 | 4 | | | |
| 3 | | | 2 | | | 4 | | |

# metro.us/horoscopes

**Aries** You're in a better position career-wise than you might think. Though you might see only dark clouds ahead, don't retreat from doing what you should and can do.

**Taurus** Because all your focus is placed on lofty objectives, it might be difficult for you to see the multitudes of lesser but still profitable opportunities.

**Gemini** A joint venture in which you're involved should be uppermost in your mind. Diverting your attention elsewhere could dilute your efforts.

**Cancer** There is a hard way to do things and an easy way. Even though you might recognize the difference, for some reason you'll make things tougher than they need to be.

**Leo** If you find yourself in the position of being unable to finalize an important project, don't make things worse by stewing over it.

**Virgo** Don't turn your household into a military installation. Harsh rules and commands won't be nearly as effective as making polite pleas.

**Libra** Remember, the mind is a remarkable mechanism for performing wonders. All you have to do is marshal your thinking to conquer doubt.

**Scorpio** Because of an inability to capitalize on a good opportunity, the biggest problem you'll have to contend with is accepting your shortcomings.

**Sagittarius** It might be wise to analyze your desire for something material. There's a chance you may be seeking it for the wrong reasons.

**Capricorn** You might be truly grateful to someone who does a favor for you, but unable to express your gratitude in a way you feel is adequate. Nonetheless, do your best.

**Aquarius** Disappointment is likely if someone for whom you do a favor is unable to adequately express his or her thanks. You'll feel better if you don't expect anything.

**Pisces** You're not a kid anymore. Stop shunning a former collaborator just because he or she erred in the past. Be the bigger person and forgive and forget. EUGENIA LAST

## Yesterday's answers

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | R | A | N | | O | N | A | N | | | X | E | N | A |
| E | E | N | Y | | S | O | D | A | S | | R | I | O | T |
| A | F | T | E | R | S | H | O | C | K | | A | R | I | A |
| T | S | E | | I | I | I | | L | A | W | Y | E | R | |
| | | | D | A | F | T | | | T | A | I | | | |
| B | E | A | U | T | Y | | E | T | E | R | N | A | L | |
| A | M | I | G | A | | Y | E | A | R | | G | A | O | L |
| L | B | S | | | D | O | R | M | S | | | H | O | E |
| D | E | L | I | | E | R | I | E | | B | L | E | S | S |
| | D | E | V | O | T | E | E | | E | R | O | D | E | S |
| | | | A | F | R | | | A | L | I | T | | | |
| | P | I | N | T | O | S | | S | A | N | | G | A | T |
| P | U | S | H | | I | N | A | P | I | G | S | E | Y | E |
| A | M | B | O | | T | A | K | E | N | | P | E | E | R |
| L | A | N | E | | | P | A | N | E | | A | S | S | N |

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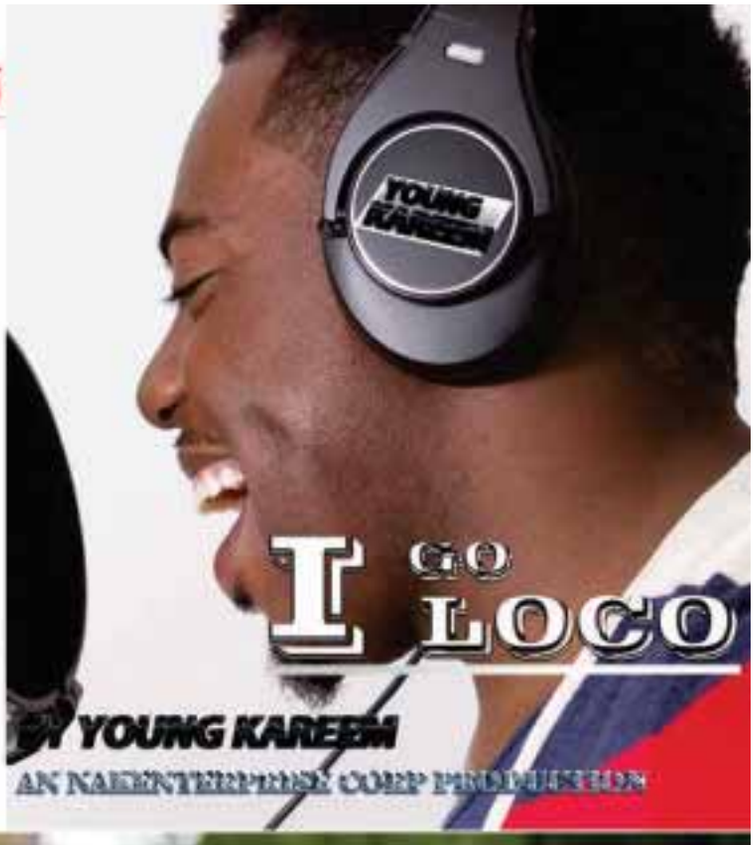


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